

HEMI-SYNC™



Tape- Taking Techniques

FOR HEMI-SYNC™ PRODUCT INFORMATION,
CONTACT YOUR LOCAL DISTRIBUTOR:

Hemispheric Synchronization

■ The hemispheric synchronization (HEMI-SYNC™) technologies developed by The Monroe Institute promote a condition in which portions of the electrical wave patterns of both the left and right hemispheres of the brain are synchronized—an optimal condition for harnessing more of the brain's potential.

■ HEMI-SYNC consists of blended and sequenced sound patterns which can gently lead you into various focused, whole-brain states of consciousness. While this condition occurs naturally in day-to-day life, it typically exists only for random, brief periods of time.

■ With over 25 years of research, The Monroe Institute has developed audio technologies to assist you in quickly achieving and sustaining this highly productive, whole-brain state.

Explore the Original

HEMI



SYNC™

Developed by The Monroe Institute, Faber, Va.

focused attention ■ stress reduction ■ relaxation
accelerated learning ■ expanded consciousness
Metamusic™ ■ HUMAN-PLUS™ ■ pain control

Suggestions for Optimum Benefits

■ Locate a distraction-free environment where you can darken the room and remain undisturbed. Make sure there will be no interruptions, such as a telephone, during the 30- to 45-minute taped exercises.

■ Allow at least one hour after eating and avoid alcohol, drugs, or excessive caffeine, which may limit the effectiveness of the HEMI-SYNC™ exercises.

■ Get comfortable. Use the bathroom before each tape, even if it seems unnecessary. Loosen any tight clothing and remove shoes and glasses (or contacts). Listen to the tapes while lying down or in a seated position with your head supported, whichever is more comfortable for you.

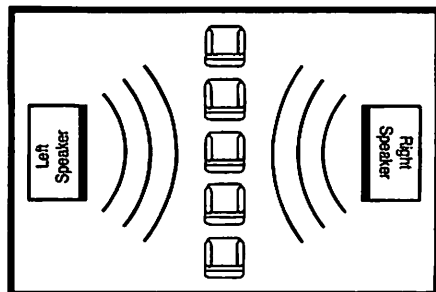
■ If you itch during a tape, scratch. You will be able to move gently back into your pattern of relaxation.

■ There can be a metabolic drop as one enters a tape experience, producing a coolness or chill which can quickly change to a perception of heat, motion, or pressure. Have a loose blanket or cover available to pull up or throw off as needed.

Playback Equipment

■ Play tapes on a stereo cassette deck using headphones for best results.

■ Conventional stereo speakers are used with good results in individual or group situations. For individual listening or small groups, the speakers ideally are positioned to the left and right side of the listening area (see illustration). For large groups, the speakers may be positioned in front and to either side of the group. Some slight adjustments in seating position may be required until all participants hear the “vibrato” effect as demonstrated in *The Way of HEMI-SYNC*.



HEMI-SYNC USED WITH SPEAKERS

■ Metamusic™ may be listened to via headphones or “positioned” speakers for maximum involvement or as background music while you are performing other tasks.

Precautions and Warnings

■ DO NOT use HEMI-SYNC tapes while driving or operating machinery except for *Awake and Alert* and *Concentration*.

■ DO NOT duplicate HEMI-SYNC tapes. This is a violation of our copyright and will diminish the effectiveness of the HEMI-SYNC signals, many of which are mastered 20 dB below audible levels.

■ DO NOT use with Dolby™ or other noise-reduction systems as they interfere with the HEMI-SYNC signals. Monroe Institute technicians and studio engineers have developed WavePhase II™, a sophisticated stereo mastering process, which eliminates the need for conventional noise-reduction systems. The calming sounds of WavePhase II™ strategically interact with and strengthen the HEMI-SYNC signals.

Suggestions to Enhance Effectiveness

■ Use the tapes at the same time each day to facilitate your commitment and inner readiness to explore and benefit from the tape experience.

■ Keep a journal to document the details of your experiences such as: date/time, body position, medication or unusual diet, mood/attitude, energy level, moon phase, or any other unusual circumstances.



H-PLUS Function Exercise: ATTENTION

Function Command: PLUS-FOCUS

Purpose:

This is your H-PLUS Function exercise to learn to focus your attention.

Application:

For one-pointed observation with mind and all senses upon a particular act, event or thought. Use to gather wide-banded information in a particular area to the exclusion of other unrelated input and as a prep for other Functions.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **ATTENTION** works well with the H-PLUS Function exercises **RELAX**, **IMPRINT** and **SPEAK UP (P)**.

Examples – If you work in an office with many distractions, use **ATTENTION** to focus on the tasks at hand. If you're listening to a boring speaker, focus with **ATTENTION** and insert the information into memory with the **IMPRINT** Function. In an intense conversation, use **RELAX**, pay heed with **ATTENTION** and use **SPEAK UP (P)** to communicate clearly and easily.

Please Note:

- Observe yourself working smoothly and efficiently despite noise and interruptions.
- Observe your mind remaining focused on the topic at hand instead of "wandering."
- You must be alert to your own thought habits and patterns to properly assess the efficacy of this Function.

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ATTENTION 881003



H-PLUS Function Exercise:
BRAIN:
REPAIRS & MAINTENANCE (P)

Function Command:
PLUS-FLOW BETTER

Purpose:

This H-PLUS Function exercise is designed to help you learn to improve the blood supply in your brain so that you think and act more clearly.

Application:

To begin to improve the blood flow, chemical and electrical activity in the physical brain, including the arteries in the neck.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **BRAIN: REPAIRS & MAINTENANCE**
works well with the H-PLUS Functions **TUNE-UP, RESTORATIVE SLEEP, CIRCULATION** and **THINK FAST**.

Please Note:

- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: BUY THE NUMBERS (P)

Function Command: PLUS-CALCULATE

Purpose:

This is your H-PLUS Function exercise to learn to improve your ability to calculate, remember and work with numbers.

Application:

To open up new areas of mathematical ability, including all forms of processing. Also, to understand and define higher and abstract concepts better and to develop new insights in such areas. Use as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- Reinforce the effects of **BUY THE NUMBERS (P)** with the H-PLUS Functions **RELAX, ATTENTION, IMPRINT, RECALL** and **THINK FAST (P)**.
Examples – If you're a student preparing for a mathematics examination, use **BUY THE NUMBERS (P)** at test time with your choice of the suggested Function exercises. Research scientists or theoretical mathematicians may find that insight and creativity are enhanced. If you've always felt mathematically inadequate, try **RELAX** and do **PLUS-CALCULATE**.

Please Note:

- You may experience increased ease with basic mathematical procedures.
- Your ability to remember sets of numbers (such as telephone numbers) may increase.
- You may perceive more rapidly and accurately the meaning and implication of all equations, numbers and symbols.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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BUY THE NUMBERS 88R1043P



H-PLUS Function Exercise: CIRCULATION (P)

Function Command: PLUS-FLOW SMOOTH

Purpose:

This is your H-PLUS Function exercise to learn to improve and regulate the blood flow in your physical body.

Application:

To learn to improve blood flow throughout the physical system, including heart musculature, reduce blockages and enhance chemical transference. This Function may also be focused on known critical areas. Use frequently for general maintenance and regularly where the need is apparent.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **CIRCULATION** works well with the H-PLUS Functions **RESTORATIVE SLEEP, TUNE-UP, NUTRICIA** and others designed for physical balance and restoration.

Please Note:

- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: CONTEMPLATION

Function Command: PLUS-OPEN; PLUS-CLOSED

Purpose:

This is your H-PLUS Function exercise to learn to commune with your total self.

Application:

To achieve a meditative state that is mentally active as opposed to passive and which accesses all levels of consciousness. Use at the beginning of your regular meditation period when no interruptions are anticipated.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **CONTEMPLATION** is good in combination with the H-PLUS Functions **OPTIONS**, **MÖBIUS WEST** and **EIGHT-GREAT (P)**.
Examples – Use **CONTEMPLATION** when facing a crucial life decision and **EIGHT-GREAT (P)** when you're ready to act. If your life seems to lack purpose, access your choices with **OPTIONS** and use **CONTEMPLATION** to synchronize with your total self. Use **CONTEMPLATION** for guidance in achieving a special dream and pattern for actualization with **MÖBIUS WEST**.

Please Note:

- You may observe an ability to see a myriad of solutions to a problem, a general sense of increased balance and ease or a noticeable increase in creativity.
- Information may be received as pictures or feelings instead of words.
- Be alert for repetition of symbols in your daily experience or out of the ordinary responses and actions by friends and family.

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CONTEMPLATION 88R1037



H-PLUS Function Exercise: DE-DISCOMFORT

**Function Command:
PLUS-55515**

Purpose:

This H-PLUS Function is to learn to control physical body discomfort signals whenever and wherever you so desire.

Application:

For de-tuning chronic pain signals to an acceptable tolerance level, without losing the reminder that the body area requires attention. Use to enable life activity to be performed with minimal distortion by such pain signals.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **DE-DISCOMFORT** is good support for the H-PLUS Functions **TUNE-UP** and **RESTORATIVE SLEEP**.

Please Note:

- This Function may give some relief in cases where the root cause of pain cannot be completely alleviated.
- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.

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H-PLUS Function Exercise: DE-HAB

Function Command: PLUS-NO MORE, NO MORE

Purpose:

This is your H-PLUS Function exercise to learn to release any physical and mental patterns that restrict and interfere with your well-being and growth.

Application:

To enlist all segments of the self to diminish and eliminate undesirable and unwanted physical, mental and emotional patterns. To be used whenever the pattern emerges until the need is no longer present.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **DE-HAB** is very beneficial with the H-PLUS Functions **LET GO, SPEAK UP, MAKE YOUR DAY** and **EAT/NO EAT**.

Examples – If public speaking makes you nervous, use **LET GO** for the fear, **SPEAK UP** for ease and clarity of expression and **DE-HAB** to release the underlying habit pattern. If you frequently overeat, combat the habit with **DE-HAB** and encourage your stomach to feel satisfied with **EAT/NO EAT**. Try **RELAX** with **DE-HAB** to combat a heavy smoking habit. If you usually see the downside, program a better scenario with **MAKE YOUR DAY** and use **DE-HAB** to release negative expectations.

Please Note:

- You may observe that compulsive desires lessen and disappear without feelings of deprivation or struggle.
- You may notice that you act easily and positively in situations which once caused fear or embarrassment.
- This Function exercise is for use as unwanted habit patterns come to conscious awareness.

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DE-HAB 88R1017



H-PLUS Function Exercise:

DE-TOX: BODY (P)

Function Command:

PLUS-CLEAN, CLEAR

Purpose:

This is your H-PLUS Function exercise to learn to cleanse your physical system.

Application:

To throw off chemicals and other substances in the body which are harmful or destructive or of no value in normal body operation. Use when a known body toxicity exists or daily to cleanse the body of unperceived intake.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **DE-TOX: BODY** is beneficial with the H-PLUS Functions **TUNE-UP**, **SHORT FIX** and **RESTORATIVE SLEEP**.

Examples – If you've been exposed to toxic chemicals, get medical attention and do **PLUS-CLEAN, CLEAR** with **TUNE-UP** and **RESTORATIVE SLEEP** to encourage healing and regeneration. **SHORT FIX** and **DE-TOX: BODY** may help to relieve a headache and clear out the alcohol residue resulting from over-imbibing.

Please Note:

- This is a permanently installed Function. Use the Function command to enhance its effect.
- This Function exercise assists and potentiates your body's natural defense mechanisms and is not intended to substitute for other methods of treatment.

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H-PLUS Function Exercise:

EAT/NO EAT

Function Command:

PLUS-SATISFIED, SUPPLIED

Purpose:

This is your H-PLUS Function exercise to learn to direct your desire for food.

Application:

To adjust and control response to internal and external stimuli as to food intake. Use prior to eating to dull appetite or temporarily tune out all desire for food.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
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5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **EAT/NO EAT** is compatible with the H-PLUS Functions **LET GO**, **MÖBIUS WEST**, **DE-HAB** and **RELAX**.
Examples – If your nervous stomach is leading you to the pantry and refrigerator, try **EAT/NO EAT** supported by the **RELAX** and **LET GO** Functions. For a persistent overweight problem, use **MÖBIUS WEST** and **DE-HAB** to set new patterns and support the change with **EAT/NO EAT**. If service is delayed at a formal dinner, use **RELAX** and do **PLUS-SATISFIED**, **SUPPLIED**.

Please Note:

- You may notice that your appetite subsides in situations where you would expect to be hungry.
- It may finally be possible to stay on a balanced diet and maintain your desired weight.
- You must remember to use this Function exercise at the appropriate times for successful results.
- This H-PLUS Function exercise is not intended to substitute for advice from a professional dietician or physician regarding a weight loss program appropriate to your individual needs.

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EAT/NO EAT 881021



H-PLUS Function Exercise: EIGHT-GREAT (P)

Function Command: PLUS-EIGHT, GREAT

Purpose:

This is your H-PLUS Function exercise whereby you learn to use the inner strength that is you.

Application:

To allow you to feel strong and sure and to enable you to put the strength of your total inner self into your life activity.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **EIGHT-GREAT** can be used advantageously with the H-PLUS Functions **RESET**, **CONTEMPLATION**, **MAKE YOUR DAY** and **DE-HAB**.

Examples – If you're considering a major change in life direction, consult your inner guidance with **CONTEMPLATION** and use **EIGHT-GREAT** for implementation. Instead of feeling overwhelmed by an anticipated situation, release negative expectations with **DE-HAB**, plot a positive course with **MAKE YOUR DAY** and proceed from your inner strength with **EIGHT-GREAT**. If the achievement of some goal is almost an anti-climax, banish let down with **RESET** and view your success from an **EIGHT-GREAT** perspective.

Please Note:

- You may notice an attitude of calm confidence in your ability to handle most situations and an increased enjoyment of all your life activities.
- This Function has exceptional potential for enhancing your total life experience when used regularly.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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EIGHT-GREAT 88R1008P



H-PLUS Function Exercise: EMERGENCY: INJURY

Function Command: PLUS-CONTROL, BALANCE, RESTORE

Purpose:

This is your H-PLUS Function exercise to learn to direct body healing in response to injury.

Application:

To increase healing and balancing patterns of the autonomic system when physical injury occurs.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **EMERGENCY: INJURY** is aided by the H-PLUS Functions **THINK FAST, RELAX, SHORT FIX** and **RESTORATIVE SLEEP**.

Examples – If you're trapped in a car wreck with bleeding and other injuries, use **EMERGENCY: INJURY, RELAX** and **THINK FAST**. If you suffer a cut while preparing a meal, apply first aid and do **PLUS-CONTROL, BALANCE, RESTORE**. After a fall which results in bruises and contusions, use **EMERGENCY: INJURY, SHORT FIX** and **RESTORATIVE SLEEP** at bedtime.

Please Note:

- This H-PLUS Function goes into effect without command if you are unconscious due to injury; if you are conscious, using the Function command speeds up and enhances the process.
- This Function exercise assists and potentiates your body's natural defense mechanisms and is not intended to substitute for other methods of treatment.

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EMERGENCY: INJURY 88R1040



H-PLUS Function Exercise: EMERGENCY: TOXIC

Function Command: PLUS-CLEAR, REMOVE

Purpose:

This is your H-PLUS Function exercise to help your body learn to rid itself of harmful foreign substances.

Application:

To protect and discharge from the body system any substance that may be dangerous or injurious. Use to remove or control the effect of chemicals and poisons inadvertently consumed, insect stings and bites, venoms, etc. Use as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **EMERGENCY: TOXIC** gets an assist from the H-PLUS Function exercises **TUNE-UP, SHORT FIX, RELAX, CIRCULATION** and **RESTORATIVE SLEEP**.

Examples – If you step on a hornet's nest, do **PLUS-CLEAR, REMOVE** with **SHORT FIX** and **TUNE UP** and **RELAX** until you can reach home and treatment. If you are accidentally contaminated by herbicides or pesticides, use **EMERGENCY: TOXIC** and **CIRCULATION** to help your system clear itself and follow with **RESTORATIVE SLEEP**. For a snake bite, apply appropriate first aid, plus **EMERGENCY: TOXIC** and **TUNE-UP**.

Please Note:

- Use **EMERGENCY: TOXIC** immediately at the time of the chemical or poisonous insult.
- This Function exercise assists and potentiates your body's natural defense mechanisms and is not intended to substitute for other methods of treatment.

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EMERGENCY: TOXIC 881041



H-PLUS Function Exercise: EMPATHIZING

Function Command: PLUS-PROFILE, PROFILE

Purpose:

This is your H-PLUS Function exercise to learn to perceive and know the reality of another living physical being.

Application:

To perceive accurately in others their drives, emotional, mental and physical states at a non-conscious level.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **EMPATHIZING** is good with the H-PLUS Function exercises **ATTENTION, RELAX, LET GO, EIGHT-GREAT** and **SPEAK UP**.

Examples – If you're involved in business negotiations or dealing with dissension in your workplace, use **RELAX**, focus with **ATTENTION** and tune in to others with **EMPATHIZING**.

When dealing with highly charged family issues, release excess emotion with **LET GO**, *focus* on where others are coming from with **EMPATHIZING** and take a positive and constructive approach with **EIGHT-GREAT**.

Please Note:

- **EMPATHIZING** is for use as needed to increase awareness in situations requiring clear communication.

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H-PLUS Function Exercise:

HEART: REPAIRS & MAINTENANCE (P)

Function Command:

PLUS-HEART, BETTER, BETTER

Purpose:

This is your H-PLUS Function exercise to learn to direct the action and strength of your physical heart.

Application:

To establish a continuing improvement in both tissue and functioning of this vital organ.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **HEART: REPAIRS & MAINTENANCE (P)** is useful with the H-PLUS Functions **RELAX**, **RESTORATIVE SLEEP** and **CIRCULATION (P)**.

Please Note:

- H-PLUS is a system of learning, and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: IMMUNIZING (P)

Function Command: PLUS-ALERT, DESTROY

Purpose:

This is your H-PLUS Function exercise to learn to direct the protective system of your physical body.

Application:

To enhance and develop on a continuing basis, and in specific instances the body's ability to control, destroy and eliminate harmful organisms which may enter the internal body system. This Function can be an integral part of a general maintenance and prevention regimen.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **IMMUNIZING** performs well when combined with the H-PLUS Function exercises
DETOX: BODY, TUNE-UP, RESTORATIVE SLEEP and CIRCULATION (P).

Please Note:

- H-PLUS is a system of learning, and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: IMPRINT

Function Command: PLUS-IMPRINT, IMPRINT; PLUS-RECALL

Purpose:

This is your H-PLUS Function exercise to learn to install any information or experience deep in your memory.

Application:

IMPRINT is for full insertion into memory of any thought, action or event. Use to retain study material, any particular sensory input or composite thereof and as preparation for other Functions.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **IMPRINT** is useful with any other H-PLUS Functions where accurate memory and recall are especially essential.
Examples – If you're studying for an exam, use **IMPRINT** to assist memory and **ATTENTION** to enhance focus. You're given a long distance phone number and there's nothing to write on – do **PLUS-IMPRINT**, **IMPRINT** and then do **PLUS-RECALL** when the information is needed. If something buried in memory is nagging at the edge of your mind, bring it to the surface by doing **PLUS-RECALL**.

Please Note:

- When using this Function, allow a few seconds for the item to "soak" into memory; when doing **PLUS-RECALL**, allow time for the item to "float" to the top of your consciousness.
- You may remember names *as well as* faces better when using **IMPRINT**.
- It may be easier to remember where you put your keys, your wallet or your purse.
- You may observe that studying is less of a struggle.

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IMPRINT 881038



H-PLUS Function Exercise:

LET GO

Function Command:

PLUS-LET GO

Purpose:

This is your H-PLUS Function exercise to learn to release a disturbing emotion whenever you so desire.

Application:

For insertion in life situations where emotional elements become overwhelming to a degree that other factors lose their proper relationship in the basic decision-making process. To be used as needed where calm and objective appraisals are vital to well-being.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **LET GO** is potentiated by the H-PLUS Functions **RELAX, ATTENTION, RESET** and **OPTIONS**.

Examples – **RELAX** and **LET GO** can help when your children's behavior has pushed you to the brink. If you're angry, hurt and frustrated with someone, try **RELAX, ATTENTION** and **LET GO** for an assist in discussing feelings objectively. If you're depressed by feelings of failure in some endeavor, use **RESET** for the dark mood, **LET GO** to release the negative emotions and **OPTIONS** to explore other courses of action.

Please Note:

- You may observe yourself acting calmly in situations where anger, fear, sadness or hysteria would have overwhelmed you.
- You may notice that outside occurrences and people no longer "push your buttons."
- **LET GO** is for use as needed to allow calm and objective appraisals vital to your well-being (not all strong emotion is undesirable).

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LET GO 881007



H-PLUS Function Exercise: LIGHT FOOT

Function Command: PLUS-LIGHTER, LIGHTER

Purpose:

This is your H-PLUS Function exercise to learn to move more lightly when you walk, jog or run.

Application:

To make walking, jogging or running easier and more effortless. The Function command improves and intensifies the ability as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **LIGHT FOOT** can be used with the H-PLUS Function exercises **TUNE-UP**, **RESTORATIVE SLEEP** or **SYNCHRONIZING (P)**.

Examples – On your morning run through the park, add to your enjoyment with **LIGHT FOOT**. If injury or illness have affected the functioning of your legs or feet, use **TUNE-UP** and **RESTORATIVE SLEEP** with **LIGHT FOOT** as you recuperate. If you run competitively, try **SYNCHRONIZING (P)** with **LIGHT FOOT** to maximize your ability.

Please Note:

- You may recover from a dysfunction of the legs and/or feet more smoothly.
- You may find recreational or competitive running easier, smoother and more efficient.
- This Function operates only while you are actually moving your feet.

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H-PLUS Function Exercise:

LUNGS: REPAIRS & MAINTENANCE (P)

Function Command:

PLUS-BREATH BETTER

Purpose:

This is your H-PLUS Function exercise to learn to improve the condition and performance of your breathing system.

Application:

To steadily improve the tissue and electrical activity as well as the exchange functions of these organs.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **LUNGS: REPAIRS & MAINTENANCE** is enhanced by use with the H-PLUS Function exercises **RESTORATIVE SLEEP, TUNE-UP** and **DE-HAB**.

Please Note:

- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: MAKE YOUR DAY

Function Command: PLUS-THIS DAY

Purpose:

This is your H-PLUS Function exercise to learn to make each day what you desire it to be.

Application:

For self-programming to set desired physical, mental and emotional patterns to apply in daily activities. Use as the first item of the morning.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **MAKE YOUR DAY** is a good partner for the H-PLUS Functions **OPTIONS**, **MÖBIUS WEST** and **EIGHT-GREAT (P)**.

Examples – Visualize the best relaxed, fun day possible with a friend and pattern with **MAKE YOUR DAY**. Before an interview for a promotion, review your choices with **OPTIONS**, use **EIGHT-GREAT (P)** to feel strong and sure and envision the perfect outcome with **MAKE YOUR DAY**. On any day, choose a positive direction with **MÖBIUS WEST** and set the tone by doing **PLUS-THIS DAY**.

Please Note:

- You may observe a feeling of increased control of your day-to-day life plan and surprising reversals of anticipated negative patterns.
- Clear verbal/visual expression of desires is essential to the operation of this Function exercise.

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H-PLUS Function Exercise: MÖBIUS WEST

Function Command: PLUS-CHANGE, CHANGE

Purpose:

This is your H-PLUS Function exercise to learn to program your future.

Application:

To program, generally or in detail, any or all future activities by the hour, day, week, month or year. Use to set the tone of the total self – mental, physical, emotional – in order to maximize personal performance in probable or desired future events.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **MÖBIUS WEST** is good in combination with the H-PLUS Functions **DE-HAB, LET GO, OFF LOADING** and **OPTIONS**.

Examples – If you're contemplating a job change, preview choices with **OPTIONS** and program for realization with **MÖBIUS WEST**. In a rocky intimate relationship, address problems using **DE-HAB, LET GO** or **OFF LOADING** and visualize change with **MÖBIUS WEST**.

Procrastinating on a task? See it completed in the perfect way at the time of your choosing and do **PLUS-CHANGE, CHANGE** to shift your pattern.

Please Note:

- You are changing *your* pattern to attract the results you desire.
- You may observe "unexpected" breakthroughs in problems or situations.
- Clarifications of opportunities and choices for change may be noticed.

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MÖBIUS WEST 88R1036



H-PLUS Function Exercise: NUTRICIA

Function Command: PLUS-FOOD MORE/FOOD LESS

Purpose:

This is your H-PLUS Function exercise to learn to control the use and application of your food intake.

Application:

For learning to control the amount of energy removed from food taken into the system. Use to obtain maximum caloric value so as to exist comfortably on little food – or to extract little or no nutrients from food intake.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **NUTRICIA** is useful with other H-PLUS Functions such as **EAT/NO EAT**, **DE-HAB**, **RESTORATIVE SLEEP** and **EIGHT-GREAT**.
Examples – If you are depressed and physically depleted with little appetite, combine **NUTRICIA** with **RESTORATIVE SLEEP** and **EIGHT-GREAT**. Should you suffer from an overweight condition supported by a healthy appetite, try **DE-HAB** and do **EAT/NO EAT** with **NUTRICIA**. Do **PLUS-FOOD MORE/FOOD LESS** as desired if your interest is simply good health and balanced nutrition.

Please Note:

- You may observe weight gain without eating large meals.
- Weight loss may occur without your feeling deprived or making major diet changes.
- Your digestive system may function more smoothly and efficiently.
- Use this Function as required or keep in force as part of your daily routine.
- Use the **RELEASE** Function exercise when the need for **NUTRICIA** is past.
- **NUTRICIA** is not intended as a substitute for a professionally prescribed dietary regimen.

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NUTRICIA 881022



H-PLUS Function Exercise: OFF-LOADING

Function Command: PLUS-FADE, FADE

Purpose:

This is your H-PLUS Function exercise to release and erase your distracting thought patterns.

Application:

To instigate release from destructive, restrictive patterns of thought, emotion and physical behavior. Use when any of these stand in the way of achieving short or long term needs and goals.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **OFF-LOADING** may be enhanced by use with **RECALL, RELAX, LET GO** and **DE-HAB**.

Examples – If your loved one is infatuated with someone else, use **LET GO** for the intense feelings of anger, hurt and jealousy and **OFF-LOADING** to combat counter-productive reactions. If you've never been able to give up smoking, try **RELAX, DE-HAB** and **OFF-LOADING** to attack the habit on a wide front. If you're "just not good at math," try **OFF-LOADING** to prepare yourself, plus **RECALL** and **RELAX** during the exam. For a mental barrier to performance in any sport, do **PLUS-FADE, FADE**.

Please Note:

- Rigid attitudes and behavior may become more flexible.
- You may resolve stubborn problems from the vantage point of a changed perspective.
- This Function is most beneficial when you have taken time to define your limiting beliefs.

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H-PLUS Function Exercise: OPTIONS

Function Command: PLUS-OPTIONS, CHOICES

Purpose:

This is your H-PLUS Function exercise to learn to develop and select the potentials of your being.

Application:

To quickly inspect and analyze any condition, situation or question from a *total* overview, instead of the possible urgent, immediate and emotional perspective. Use to determine the most constructive decision or answer.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **OPTIONS** pairs well with the H-PLUS Function **MÖBIUS WEST**.

Examples – Dissatisfied with your career but uncertain of a new direction? Explore your choices with **OPTIONS** and set a course with **MÖBIUS WEST**. If you're considering change in a longstanding relationship, use **OPTIONS** to weigh the pros and cons. If you've been accepted by several colleges of equal caliber, use **OPTIONS** to assist your decision making. Useful for accessing creative solutions in any situation.

Please Note:

- You may feel more willing to trust your intuition, and your "hunches" pay off.
- The information needed to make important decisions may seem to be at your fingertips.
- Your thinking and actions may become more creative.
- You may find it beneficial to use **OPTIONS** regularly.

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H-PLUS Function Exercise:

RECALL

Function Command:

PLUS-RECALL

Purpose:

This is your H-PLUS Function exercise to learn to remember.

Application:

To retrieve from memory any previous experiences or information, including those retained at a non-conscious level. Can be used to recall complete dream sequences.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- A good partner with the H-PLUS Function **IMPRINT**, **RECALL** also works well with the Function exercises **ATTENTION** and **THINK FAST**.

Examples – When you're introduced to several new people, focus with **ATTENTION**, insert into memory with **IMPRINT** and retrieve with **RECALL**. If you witness an accident with no materials to record the offender's license number, use **IMPRINT** and then **RECALL** for the authorities. If you remember a former classmate's face but not the name, do **PLUS-RECALL**.

Please Note:

- The operation of **RECALL** is enhanced by regular use.
- Facts, names and incidents you thought you had forgotten come into conscious awareness easily when you use **RECALL**.

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H-PLUS Function Exercise: RECHARGE

Function Command: PLUS-RECHARGE

Purpose:

This is your H-PLUS Function exercise to learn to recharge quickly during catnap sleep.

Application:

For quick, deep sleep in short nap form ranging from five minutes to a half-hour and giving the equivalent of a full 90 minute sleep cycle.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RECHARGE** can be used with the H-PLUS Functions **RELAX**, **TUNE-UP**, **SHORT FIX** or **RESET** with good results.

Examples – If a hard work-out has left you aching and tired, try **SHORT FIX** and **TUNE-UP** followed by a nap with **RECHARGE** to restore your energy. During a tense morning at work, fight stress with **RELAX** and find a quiet spot to doze with **RECHARGE** at lunchtime. If you're listless and depressed and can't pin-point the reason, try combining **RESET** and **RECHARGE**.

Please Note:

- You may observe that a very short nap leaves you feeling completely re-energized and renewed.
- **RECHARGE** is for use as needed when both time and energy are critical.

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H-PLUS Function Exercise: REGENERATE (P)

Function Command: PLUS-BUILD, LIVE

Purpose:

This is your H-PLUS Function exercise to learn to reconstruct any part of your physical body.

Application:

To assist the healing or replacement of any physical body part of the individual self.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **REGENERATE** is well-supported by the H-PLUS Function exercises **RESTORATIVE SLEEP, CIRCULATION** and **TUNE-UP**.

Examples – For completing the healing of any wound or injury, after medical attention do **PLUS-BUILD, LIVE** with **TUNE-UP** and then use **RESTORATIVE SLEEP**. If an organ or organ system is affected by disease, encourage healing with **CIRCULATION** and **REGENERATE**.

Please Note:

- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made on any progress that you achieve.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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REGENERATE 881050P



H-PLUS Function Exercise: **RELAX**

Function Command:
PLUS-RELAX, RELAX

Purpose:

This is your H-PLUS Function where you will learn to . . . relax, let go!

Application:

For removal of physical, mental and emotional tensions while retaining awareness at all levels. Use to cope with stress, think clearly and prep for other Functions.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RELAX** is good preparation for most other H-PLUS Function exercises.

Examples – If you're nervous before a speech, use **RELAX** with the **SPEAK-UP** and **RESET** Functions. For jitters before an athletic competition, combine **RELAX** with **SYNCHRONIZE** and, if appropriate, **STRONG-QUICK**. If you're angry and frustrated in an apparently unjust situation, combine **RELAX** and **LET GO** with **RESET** or **EIGHT-GREAT**. Having trouble getting to sleep? Do **PLUS-RELAX**, **RELAX** before any sleep Function exercise.

Please Note:

- Learn your personal stress patterns (i.e., tension in facial muscles, shoulders or back, nervous laughter) so you'll know when they're relieved.
- You may observe increased clarity of thought in normally upsetting situations.
- Almost all situations benefit from a relaxed approach.

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RELAX 881010



H-PLUS Function Exercise: RELEASE

Function Command: PLUS-RELEASE

Purpose:

This is your H-PLUS Function exercise to learn to **release** a Function you are using.

Application:

For return to normal from a particular Function currently in application. Use only when such Function is needed temporarily and such need has been accomplished.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RELEASE** is for use with "as needed" H-PLUS Functions such as **ZONING**, **STRONG-QUICK**, **WAKE/KNOW** and groupings used in special situations.

Examples – If you've utilized **ATTENTION**, **SYNCHRONIZE** and **STRONG-QUICK** for a sports activity, use **RELEASE** afterwards. When using **OPTIONS**, **MÖBIUS WEST** and **WAKE/KNOW** for sleep time problem solving, allow time to receive your answers and do **PLUS-RELEASE**. Use **RELEASE** after studying hard with **ATTENTION** and **IMPRINT**. **ZONING** is handy while walking to your car on a chilly day, but remember to use **RELEASE** once you're inside with the heater going.

Please Note:

- Functions are not "erased" but placed "on hold" for future recall.
- Feel yourself become less focused if you have been using **ATTENTION**.
- Observe a change in energy level if you were using **STRONG-QUICK**.
- Watch for a return to "normal" temperature perception if you were using **ZONING**.

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RELEASE 881002



H-PLUS Function Exercise: RESET

Function Command: PLUS-RESET, RESET

Purpose:

This is your H-PLUS Function exercise to learn to change your pattern quickly and easily

Application:

For immediate restoration of high energy levels in mental as well as physical and emotional areas of the self. Use when any or all such areas are perceived as low or distressed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RESET** enhances many other H-PLUS Functions.

Examples – If your mood is low after a long, frustrating day, do **PLUS-RESET**, **RESET** to arrive home in a better frame of mind. For a presentation in court, school or at a board meeting, the **RESET** and **SPEAK-UP** Functions can help to maximize effectiveness. If you've an athletic competition on the agenda and a low energy level, try **RESET** with **STRONG-QUICK** and **EIGHT-GREAT** for a boost.

Please Note:

- If you're feeling low, use the **RELAX** Function exercise as a prep for **RESET**.
- You may observe the following:
 - Your mood shifts smoothly from “tired and low” to “energetic and up.”
 - You experience a surge of calmness and confidence in a normally stressful or threatening situation.
 - Your energy increases when moments before you could hardly hold your head up.

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RESET 88R1020



H-PLUS Function Exercise: RESTORATIVE SLEEP

Function Command: PLUS-HEAL, HEAL

Purpose:

This is your H-PLUS Function exercise to learn to heal and restore yourself during sleep.

Application:

For those who need strong and intense recuperation from any body dysfunction – illness, injury, surgery and similar conditions. It helps produce healing patterns in critical areas and re-introduces normalcy throughout the system. Use as early as possible after the onset of the problem, both at night and during daytime naps.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **RESTORATIVE SLEEP** may enhance other H-PLUS Functions such as: **TUNE-UP, SHORT FIX, and CIRCULATION.**

Please Note:

- H-PLUS is a system of learning, and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.

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H-PLUS Function Exercise:

SEE-BE

Function Command:

PLUS-AUTOMATE

Purpose:

This is your H-PLUS Function exercise to learn to develop or change any part of your physical activity into an automatic life pattern.

Application:

To transfer any thought or action from a willful, conscious function into an automatic, automatic response. Use to add efficiency to any mental-motor skills by transference of all or part into conditioned reflexes.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SEE-BE** might be used with the H-PLUS Functions **SYNCHRONIZING (P)**, **RELAX**, **SPEAK-UP (P)**, **STRONG-QUICK** and **ATTENTION**.

Examples – If you're stressed and tongue-tied in certain situations, use **RELAX** and **SPEAK-UP (P)** to modify the habitual response and **SEE-BE** to make the new response automatic. For athletic practice, get an assist from **STRONG-QUICK** or **SYNCHRONIZING (P)** and solidify the gains with **SEE-BE**. If there's wasted time and motion in your daily regimen, focus on problem areas with **ATTENTION** and streamline your routine with **SEE-BE**.

Please Note:

- Formerly slow and laborious mental operations may begin to proceed smoothly and automatically.
- Physical tasks at which you felt slow and uncoordinated can begin to proceed smoothly and efficiently, without conscious thought.
- This Function can be used to turn any frequently performed action into a conditioned reflex.

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H-PLUS Function Exercise: **SENSORY: HEARING**

Function Command: **PLUS-HEAR MORE;** **PLUS-HEAR LESS**

Purpose:

This is your H-PLUS Function exercise to learn to regulate your hearing of sound.

Application:

To control the degree of ability to perceive sound, in amplitude, frequency and identification. Reception can be enhanced or turned down. For use as needed or desired.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SENSORY: HEARING** could work well with the H-PLUS Functions **SLEEP EASY** and **ATTENTION**.

Examples – If your neighbors are having a loud, late-night party, do **PLUS-HEAR LESS** with **SLEEP EASY**. Listening to talk in a room with poor acoustics or to a quiet, soft-spoken lecturer, try **ATTENTION** for focus and do **PLUS-HEAR MORE** to increase sound perception and discrimination. While listening to music at home or while attending a concert, do **PLUS-HEAR MORE** to enjoy all the nuances. If you work in a noisy factory, make your days more pleasant with **SENSORY: HEARING**.

Please Note:

- This Function exercise can enable you to turn down or tune out distracting noises at will.
- You may notice enhancement of your perception and enjoyment of music, theater and general conversation.

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SENSORY: HEARING 88R1029



H-PLUS Function Exercise: SENSORY: SEEING (P)

Function Command: PLUS-SEE BETTER

Purpose:

This is your H-PLUS Function exercise to learn to improve your physical sight and seeing ability.

Application:

To increase all the various factors in such sensory system, including light sensitivity, focus, movement and identification.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SENSORY: SEEING** gets an assist from the H-PLUS Functions **RESTORATIVE SLEEP**, **TUNE-UP** and **ATTENTION**.

Examples – If you do detail work under fluorescent lights, use **SENSORY: SEEING** and **RESTORATIVE SLEEP** to prevent and alleviate eye strain. For activities in glaring light, do **PLUS-SEE BETTER** to adjust your vision to the conditions. For an ongoing vision problem, encourage improvement with **TUNE-UP** and **SENSORY: SEEING**. Do **PLUS-SEE BETTER** and use **ATTENTION** while studying.

Please Note:

- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: SENSORY: SMELL

Function Command: PLUS-SMELL GREATER; PLUS-SMELL LESSER

Purpose:

This is your H-PLUS Function exercise to learn to regulate your sense of smell.

Application:

To increase the ability to identify and measure the strength of airborne particles and turn off such input as desired or needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SENSORY: SMELL** is useful with the H-PLUS Functions **DE-TOX: BODY** and **DE-HAB**.

Examples – If your office or home has just been sprayed for pests, you may want to do **PLUS-SMELL LESSER** with **DE-TOX: BODY**. When working at home, if tantalizing odors from the kitchen distract you, relieve the inclination to snack with **SENSORY: SMELL** to tune out tasty smells. Should your dog catch a skunk, relieve the insult to *your* olfactory system with **SENSORY: SMELL**. Increase gardening enjoyment by doing **PLUS-SMELL GREATER** while working with your flowers.

Please Note:

- You may discover that your ability to discriminate and enjoy pleasant aromas is increased.
- Your ability to ignore and experience less discomfort from unpleasant odors may become greater.

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H-PLUS Function Exercise:

SENSORY: TASTE

Function Command:

**PLUS-TASTE GREATER;
PLUS-TASTE LESSER**

Purpose:

This is your H-PLUS Function exercise to learn to direct your physical sense of taste.

Application:

To modify the sense of taste for sensitivity or identification as needed or desired.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SENSORY: TASTE** can be used with **DE-HAB** and **EAT/NO EAT**.

Examples – If you have to take medication with an unpleasant taste, do **PLUS-TASTE LESSER**. While enjoying a delicious meal, enhance your pleasure with **PLUS-TASTE GREATER**.

For help during a weight loss program, try **SENSORY: TASTE** as desired with **DE-HAB** and **EAT/NO EAT**.

Please Note:

- Your perception of pleasant tastes may be enhanced noticeably.
- You may find it easier to ignore unpleasant tastes and tune out enjoyable taste sensations which lure you to overeat.

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H-PLUS Function Exercise: SENSORY: TOUCH

Function Command: PLUS-TOUCH GREATER; PLUS-TOUCH LESSER

Purpose:

This is your H-PLUS Function exercise to learn to direct your sense of touch.

Application:

To enhance or turn down tactile sensitivity as desired. This Function not only relates to changes in degrees of pressure, but to texture and temperature identification.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SENSORY: TOUCH** could be used with the H-PLUS Functions **DE-DISCOMFORT**, **SYNCHRONIZING** and **SEX DRIVE**.

Examples – If you've suffered a burn, use **DE-DISCOMFORT** with **SENSORY: TOUCH** to reduce sensitivity during treatment and healing. For work on an assembly line requiring precision handling of small parts, try a combination of **SENSORY: TOUCH** and **SYNCHRONIZING**.

A long weekend with an intimate partner might be enhanced by a combination of **SENSORY: TOUCH** and **SEX DRIVE**.

Please Note:

- **PLUS-TOUCH GREATER** may increase tactile sensitivity.
- Pain, itching and other unpleasant touch-related phenomena may decrease with **PLUS-TOUCH-LESSER**.

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H-PLUS Function Exercise: SEX DRIVE

Function Command: PLUS-SEX GREATER; PLUS-SEX LESSER

Purpose:

This is your H-PLUS Function exercise to learn to control and direct your sexual reproductive drive.

Application:

For complete control of sexual arousal, either to enhance or diminish. Use as desired or needed objectively.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SEX DRIVE** is complemented by the H-PLUS Functions **RELAX, LET GO** and **EIGHT-GREAT (P)**.

Examples – If you find yourself attracted to an inappropriate partner (or the time and place are inappropriate) use **RELAX, LET GO** and do **PLUS-SEX LESSER**. For a joyous reunion with a long-absent intimate partner, do **PLUS-SEX GREATER** with **EIGHT-GREAT (P)**. If you're distracted by desire while working on a creative project, redirect the energy with **SEX DRIVE**.

Please Note:

- You may notice a new feeling of control over your sexual desires.
- Use of this Function exercise may heighten your sexual enjoyment.

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H-PLUS Function Exercise: SHORT FIX

Function Command:

**PLUS-GO NUMB, GO NUMB;
PLUS-RELEASE**

Purpose:

This is your H-PLUS Function exercise to learn to quickly de-tune distress signals in your physical body.

Application:

For immediate and temporary analgesia in any body part. Use to de-tune discomfort or pain signals that are new and not chronic.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SHORT FIX** works well with the H-PLUS Functions **TUNE-UP, RESTORATIVE SLEEP** and **RESET**.

Please Note:

- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress you achieve.

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H-PLUS Function Exercise:

SLEEP

Function Command:

PLUS-20-20

Purpose:

This is your H-PLUS Function exercise to learn to sleep whenever you so desire.

Application:

Use this Function exercise to drop quickly into normal sleep under typical conditions. For establishing control over the sleep cycle as against inadvertent or undisciplined sleep patterns.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SLEEP** is a good prelude to specific sleep-related H-PLUS Functions like **RESTORATIVE SLEEP**, **WAKE/KNOW** and **SWEET DREAMS**.

Examples – If you've had a tiring day at a mentally and physically demanding job, do **PLUS-20-20** with **RESTORATIVE SLEEP**. When exciting plans for the next day have you too keyed up to drop off quickly, try **SLEEP**. Begin with **SLEEP** when you're preparing to seek solutions with **WAKE/KNOW** or enjoy the dream of your choice with **SWEET DREAMS**.

Please Note:

- You may find that sleep comes quickly, even if you have exciting plans or a problem on your mind.
- Insomniac tendencies may abate, allowing you to sleep on a schedule of your choosing.

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H-PLUS Function Exercise:

SLEEP EASY

Function Command:

PLUS-QUIET, SLEEP

Purpose:

This is your H-PLUS Function exercise to learn to sleep any time, any place.

Application:

For use in getting into normal sleep under extreme or adverse conditions, or environments significantly different from that typically experienced.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SLEEP EASY** is handy with other H-PLUS sleep-related Functions such as **RESTORATIVE SLEEP**, **SWEET DREAMS** and **WAKE/KNOW**.

Examples – If the neighbor's dog or the local alley cats are disturbing your slumber, try **SLEEP EASY**. On a long trip, if noise and motion interfere with rest, use **SLEEP EASY** with **SWEET DREAMS** for a more enjoyable journey. If you're struggling to sleep in a hotel while on a business trip, do **PLUS-QUIET**, **SLEEP** with **RESTORATIVE SLEEP** to rest and recharge.

Please Note:

- You may find yourself able to sleep easily and well despite noise and unfamiliar surroundings.

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H-PLUS Function Exercise: SPEAK UP (P)

Function Command: PLUS-SPEAK UP

Purpose:

This is your H-PLUS Function exercise to learn to speak and read strongly and effectively to others.

Application:

To reduce, and ultimately to overcome completely, anxieties and fears related to talking before groups of people. Increased ability to vocalize thoughts and create audience empathy; improved voice quality and expression and assured confidence are included. Use immediately prior to speech-making.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SPEAK UP** can be used with the H-PLUS Function exercises **RELAX**, **ATTENTION**, **RECALL** and **LET GO**.

Examples – If you're nervous before talking to a group of strangers, try **RELAX** to ease the tension, focus on your topic with **ATTENTION** and do **PLUS-SPEAK UP** before you step to the podium. If you have an oral examination, use **RECALL** to remember the material and **SPEAK UP** for a calm, clear delivery. If a real or imagined slight has your feelings in knots, calm down with **LET GO** and use **SPEAK UP** when you're prepared to express your viewpoint.

Please Note:

- You may observe that you can stand before an audience and express yourself clearly and easily (no dry mouth or sweaty palms).
- It may be easier to discuss issues calmly and confidently in personal relationships.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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SPEAK UP 881009P



H-PLUS Function Exercise:

STAY AWAKE

Function Command:

**PLUS-ONE, AWAKE,
ALERT, ONE, ONE**

Purpose:

This is your H-PLUS Function exercise to learn to **STAY AWAKE!**

Application:

For immediate and temporary restoration of full mental and physical alertness. Use only when the need is essential, such as when driving or in similar situations.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- For use with other compatible H-PLUS Functions in any situation where you would benefit from increased alertness.

Examples – When driving alone, if you find yourself getting drowsy, do **PLUS-ONE, AWAKE ALERT, ONE, ONE**. If your housework is almost finished, but boredom and fatigue are gaining fast, use **RESET** with **STAY AWAKE**. With only one chapter to go in a great book and heavy eyelids, plug in **STAY AWAKE** and **ATTENTION**.

Please Note:

- This Function exercise is not for continuous application.

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H-PLUS Function Exercise: STRONG-QUICK

Function Command: PLUS-STRONG-QUICK

Purpose:

This is your H-PLUS Function exercise to learn to be much stronger, much quicker than you ever thought possible.

Application:

For instant, momentary muscular energy far beyond typical capability, where an emergency situation requires such application. Use only as needed; for short durations.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **STRONG-QUICK** is effective with the H-PLUS Functions **ATTENTION**, **RELAX** and **SYNCHRONIZE**.

Examples – If you're confronted by a mugger, use **RELAX** and **ATTENTION** while surveying opportunities for escape and be ready with **STRONG-QUICK**. Use **STRONG-QUICK** if you need to change a flat tire with machine-tightened lug nuts. For any athletic endeavor, **SYNCHRONIZE** may maximize smoothness and coordination while **STRONG-QUICK** could be effective for intense effort.

Please Note:

- You may notice increased lifting ability, increased power when hitting or kicking and the ability to sprint faster.
- Use the **RELEASE** Function when the need for **STRONG-QUICK** has passed.

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H-PLUS Function Exercise: SWEET DREAMS

Function Command: PLUS-THEME, DREAM, SLEEP

Purpose:

This is your H-PLUS Function exercise to learn to dream *your* dream.

Application:

Designed so that dream content and sequence can be self-selected prior to sleep, and the result remembered in detail upon awakening. Immediately after activation by the Function command, the dream scenario is instilled in awareness, preferably by visualization rather than verbally. Recall upon awakening is a part of the process.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SWEET DREAMS** is a good partner for the H-PLUS Functions **SLEEP** and **WAKE/KNOW**.

Examples – After you've visualized a dream scenario, give the command **PLUS-THEME, DREAM, SLEEP** and use the Function **SLEEP** to drift off to sleep promptly. If there's a special challenge in your life, enlist the aid of your total self with **WAKE/KNOW** and program a dream about the situation with **SWEET DREAMS**. Compose a dream to stimulate the flow of new ideas with **SWEET DREAMS** when you're involved in creative endeavors.

Please Note:

- You may have a clear dream on the topic(s) you specified.
- You may have improved recall of your dreams.

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H-PLUS Function Exercise: SYNCHRONIZING (P)

Function Command: PLUS-SMOOTH, FAST

Purpose:

This is your H-PLUS Function to learn rapid and smooth mind-body coordination.

Application:

To establish maximum mind-body coordination where precision is a major requisite. Use during precision work, team activity, dancing and while operating machines such as cars and aircraft.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SYNCHRONIZING** is supported by the H-PLUS Functions **RELAX** and **ATTENTION**.

Examples – If you're a pilot or race car driver, **SYNCHRONIZING** may heighten already fine-tuned abilities. For any sports activity, **ATTENTION** and **SYNCHRONIZING** make a good pair. If dancing lessons didn't cure a self-conscious, clumsy feeling on the floor, use **RELAX** and do **PLUS-SMOOTH, FAST**.

Please Note:

- You may observe yourself performing with unusual speed and smoothness in any activity.
- You may notice enhanced right/left coordination.
- This Function may help to overcome persistent feelings of clumsiness.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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H-PLUS Function Exercise: THINK FAST (P)

Function Command: PLUS-THINK

Purpose:

This H-PLUS Function exercise is for learning to think quickly and with *all* of your mental ability.

Application:

To speed up and clarify thought processes and sensory input under any circumstances. Use to read and absorb more rapidly, to comprehend and recall from memory, to speak more clearly and in creative modalities.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **THINK FAST (P)** works nicely with the H-PLUS Functions **ATTENTION**, **IMPRINT**, **RECALL**, **SPEAK- UP (P)** and **SYNCHRONIZING (P)**.

Examples – Those in the acting profession could focus on the script with **ATTENTION**, use **IMPRINT** for retention, **RECALL** for retrieval and **THINK FAST (P)** with **SPEAK-UP (P)** when stepping on stage or in front of the cameras. In an athletic event, **THINK FAST (P)** and **SYNCHRONIZING (P)** can help you to out-think and out-play the competition. For creative writing (anything from a term paper to a novel) try **THINK FAST (P)** to maximize your mental abilities.

Please Note:

- You may notice increased problem solving ability.
- You may develop more confidence in your own mind and improved performance in situations requiring mental acuity.

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THINK FAST 88R1004P



H-PLUS Function Exercise: TUNE-UP

Function Command: PLUS-BALANCE, HEAL

Purpose:

This is your H-PLUS Function exercise to learn to perceive and adjust any part of your physical body system.

Application:

For physical body maintenance, adjustment and balance: first, by scanning to identify status and condition and second, to make changes as needed. Use when dysfunction is perceived or daily to retain performance standards.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **TUNE-UP** is especially effective when used with the H-PLUS Functions **RELAX, RESTORATIVE SLEEP** and **CIRCULATION**.

Please Note:

- H-PLUS is a system of learning and is not intended to replace conventional medical diagnosis and treatment. Such learning and application, however, may enhance any medical care you may be receiving. Therefore, it may be of benefit to inform your physician in such instances so that complete evaluation can be made of any progress that you achieve.

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H-PLUS Function Exercise: WAKE/KNOW

Function Command: PLUS-SLEEP, HELP

Purpose:

This H-PLUS Function exercise is for use during sleep to learn to wake up and know the answer.

Application:

Provides a means to permit the total self to resolve problems and decisions during the sleep period. After Function command, state or visualize the condition requiring consideration, then relax and sleep. The solution will be forthcoming soon after awakening. Use as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **WAKE/KNOW** is a good partner for the H-PLUS Function exercises **MÖBIUS WEST**, **OPTIONS** and **CONTEMPLATION**.

Examples – When faced with a decision critical to your entire family, assess pertinent factors with **OPTIONS** and **CONTEMPLATION** and let **WAKE/KNOW** suggest the best choice. If you're not sure where to spend your vacation, leave the decision up to **WAKE/KNOW**. If you're considering a job change, visualize the ideal work situation with **MÖBIUS WEST** and choose the most positive course with the aid of **WAKE/KNOW**.

Please Note:

- Formerly elusive solutions may flow easily into your consciousness.
- You may observe yourself making decisions in a calmer, more relaxed manner.

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H-PLUS Function Exercise: ZONING

Function Command: PLUS-INSULATE, INSULATE; PLUS-CANCEL

Purpose:

This is your H-PLUS Function exercise to learn to create a zone of comfort around your physical body.

Application:

To set up an operating static temperature field around the entire physical body that resists changes beyond the normal comfort area. Use to adjust and compensate for environments as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- Combine **ZONING** with other H-PLUS Functions appropriate to the particular situation.
Examples – If the heater/air conditioner fails in your car, use the **RELAX** Function with **ZONING** for comfort until you reach your destination. While mowing the lawn in hot, humid weather, using **STRONG-QUICK** with **ZONING** can speed the task and increase your comfort. If you forgot to turn on your electric blanket before going to bed on a frigid night, do **PLUS-INSULATE, INSULATE** until things warm up.

Please Note:

- You may notice that cold hands, feet, etc., become more comfortable without adding extra protection.
- You may observe that the ambient temperature is too hot or cold for comfort, but you are not shivering or sweating.
- This Function exercise is for use as needed; *be sure* to use the **RELEASE** Function when the need has passed.

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